

## Recipes

By : Diana Lazaro and Hana Freedenburg

Look inside to find springtime - themed recipes perfect for rainy or sunny spring days. >>> Page 8

## Spring FFA Recap

By : Kasie Coupe

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## Analy's Compost Crew

By : Lawson Gaylord

A look into Analy's Compost Crew, and why you should join! >>> Page 7

# A Publication of the Analy High School Journalism Club

# WEST COUNTY WORLD

Spring Edition | March 2025

## Game Changers Of Analy: Abigail Silvestrich

By: Hana Freedenburg

For Abigail Silvestrich, sports have always been more than just a pastime, they're a way of life. As a senior at Analy High School, Abigail has excelled in multiple sports, breaking barriers and setting examples along the way. From being a varsity flag football captain to being the only girl on the baseball team, her journey is one of perseverance, leadership, and love for the game.

Abigail's athletic story began when she was just four years old when her parents signed her up for tee-ball after noticing her natural athletic abilities. Though reluctant at first, once her dad said he would be her coach, she agreed to try it out for one year. She quickly fell in love with baseball, a sport she never abandoned, even in the face of discrimination. "I'm proud to say that I never switched to softball after multiple years of discrimination because I was the only girl on the team," Abigail shared. She went on to play basketball from sixth grade through her junior year of high school. When her friends encouraged her to join the school's flag football team in her junior year, she didn't hesitate. "I grew up always playing sports with my brothers, and it's weird for me when I'm not being active in some sort of way," she said.

Her proudest achievement in baseball came when she was selected to attend the prestigious MLB Develops Girls Breakthrough Series at the Jackie Robinson Training Complex in Vero Beach, Florida. The journey began with MLB GRIT, a nationwide event designed to showcase skills in hitting, throwing, and running. Abigail attended her session in San Francisco, where she had the opportunity to demonstrate her abilities alongside other talented athletes. From there, she was selected to participate in the Elite Development Invitational (EDI) in Florida, which brought together around 90 girls, including both baseball and softball players. "It was super fun because I got to meet so many new amazing people," Abigail recalled. The camp not only provided high-level coaching but also fostered a strong sense of community among the players.

Turn to Abigail Silvestrich >>> Page 4

## Donald Trump's Executive Orders

By: Alexander Amacker

On January 20th, as Donald Trump was sworn in as the 47th President of the United States, he issued a large amount of executive orders. These orders target immigration, climate policy, social issues, and foreign relations. One of the most significant areas of focus for the new orders is illegal immigration. President Trump declared a national emergency at the southern border over illegal immigration. He reinstated the "Remain in Mexico" policy, requiring asylum seekers to stay in Mexico while their applications for asylum were processed.

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## Sonoma County Birdwatching

By: Lawson Gaylord



This Chestnut-backed Chickadee was very curious and allowed me to get quite close before flying off. Their bright orange, brown, and white colored feathers are a beautiful splash of contrast against the greens of tree foliage.

A flutter of wings. A flash of gold and gray among the bushes. You strain your eyes, peering through the dense foliage of the coffeeberry bush. Then, you see it, perched on a branch not far from you. You stare at it. And the Golden-Crowned Sparrow stares back.

Birds are fascinating creatures - majestically swooping through the sky, shooting from one place to another, utilizing the incredible power of flight to suit their everyday needs. And here in Sonoma County, a place as simple as your backyard could become a sanctuary for these creatures. All you have to do is place a filled birdfeeder out in your yard, and with some patience, you can start your birdwatching journey.

Each bird has its own personality - the timid, skittish Oak Titmouse, the lazy and hungry California Towhee, the curious Scrub Jay. By starting a bird sanctuary in your yard, you can get to know each bird individually. It is a fantastic and rewarding experience. Below you will find a collection of photos of these incredible birds. I encourage you to open your eyes and peer out your window - I think you will find more life outside than you expect.

Turn to Birdwatching >>> Page 3

Additionally, Trump signed an executive order seeking to end birthright citizenship, which means that the children of illegal immigrants are also at risk of deportation. This could face legal challenges as birthright citizenship is currently protected under the 14th Amendment. These orders are especially important for California, as California has many illegal immigrants. Trump also made sweeping changes to environmental policies. His administration announced plans to withdraw the U.S. from the Paris Climate Agreement and the World Health Organization. Additionally, he signed an order aimed at reducing environmental regulations on oil drilling, aligning with his administration's broader focus on energy independence.

## Out Of This World: Behind The Scenes

By: Diana Lazaro

About 2 weeks ago, our latest dance show Out of this World took place in the Analy theater. This performance featured many of our talented dancers from the Intro to Dance and Dance 3 classes. Out of this World, however, took a unique approach towards challenging the expectation of a 'typical' dance performance by using remarkable technique and music that wouldn't be in your usual dance show. It also encouraged dancers to step out of their comfort zone as well. Lots of hard work was put into this show with many months of preparation. But what exactly is happening during this long period of time? As someone in the show, I can walk you through the incredible process that made this happen. Shoutout to our amazing dance coordinator, Jolene Johnson!

Our dance students first start off by rehearsing their dances in class about a month before the show. My intro class began these rehearsals right after winter break - which showed me just how soon this performance would be. Time does go by fast! Both of the dance classes also had other skilled choreographers come in and share their ideas and knowledge of movement with the dancers. Aside from just choreographing, dancers also needed to consider other factors that contribute to creating a phenomenal show such as how they would stage it, lighting, costumes, and a catchy title for their piece. These things are important for every dance performance because they enhance the work and they serve the choreographic idea.

Two weeks before the actual show our dancers now go into tech rehearsals - the time to rehearse on the real stage which, in this case, was in the Analy theater. During tech rehearsals we met with Kyle Sheridan, our local lighting designer and an El Molino alumni. He tested the music and lights to make sure all is ready to go on the day of the show. The dancers then practice how to get on and off the stage, space their dancing, practice their bow, as well as fix their costumes. It's helpful and beneficial for dancers to practice on stage prior to the show after having rehearsals mostly in the dance room. After these tech rehearsals are over we start the show and perform in front of an audience.

Turn to Dance >>> Page 2

Trump issued executive orders targeting diversity, equity, and inclusion (DEI) programs, including things such as removing spanish versions of government websites. Another executive order declared that the official stance of the U.S. government is that there are only two genders. Additional executive orders included a temporary 75 day suspension of the TikTok ban. Trump also signed an order renaming the Gulf of Mexico to the "Gulf of America." These orders drastically change American policy, and are happening at a much faster rate than most people thought would happen.

Read more about Executive Orders on Page 6

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## Editor's Note

Spring is a season of growth and change, and that's exactly what student journalism is all about. It's about giving a platform to the stories that shape our school and community. With each issue, our newspaper is a reflection of the students who make it happen; writers, editors, photographers, and more all working together to bring stories to life. As we publish this spring edition, we want to thank everyone who contributes their time and creativity to making this paper possible. From school news to student artwork to current events, this issue represents the perspectives of our student body. We hope you enjoy reading it as much as we enjoyed creating it!

Whether you've been following our work all year or are just picking up your first issue, thank you for supporting student journalism and helping our voices be heard. Your engagement helps to keep the Tiger spirit strong, and we couldn't do it without you!

Sincerely,  
Hana Freedenburg (hfree125@wscuhsd.org)  
Journalism Club President, Editor-in-Chief



Our student newspaper is entirely funded by donations and advertisements, meaning we rely on the support of sponsors to keep our publication running. Every contribution helps us inform, inspire, and engage our school community. Thank you for supporting student journalism!

## Note About Opinion Pieces

Opinions expressed in West County World are those of the writer and not necessarily those of West County World or Analy.

Want to join Journalism Club?

Have a story worth sharing?

Want to participate in the creation of your school newspaper?

Join us!! Wednesdays @Lunch in Mr. Grech's room (Annex 6)

Also join our Google Classroom! Class Code: lle37hq

For submissions, letters to the editor, or to submit questions or comments, please use the link on our website.

Follow us on Instagram @analy\_journalism to stay up to date on everything journalism and West County World related.

# Student Life

## Dance

### Continued from page 1

Some other things that go into prepping the show are the creation of the poster, a great visual to let the community know what to expect. These posters are usually plastered around the school. For Out of this World, the poster features a young woman inside a hoop and it's in black and white to represent going against the norms of a school dance performance. Another way we bring the show to the community is also through social media marketing. Thanks to everyone who came to see Out of this World and if you want to support the Analy High dance program then consider coming to our next show, Spring Spectrum, which will take place in April.

## Tiger's Music: An Insider's Findings

By: Elizabeth Hare

The musical production, band, orchestra, and choir are all run by dedicated staff and continue to run due to the dedication of their students. Two staff members who should be acknowledged for their hard work are Mr. Jones, the band director, and Mr. Burrows, the choir teacher. "I guess they kind of run it," is what one student (Isla Pimentel) wrote when asked about who runs the musical events. Luckily, students in the different music check their emails and reply on time. (Thank you.) One student, Morgan Wallis, a sophomore was asked what he does in band and if there are any fellow students that he thinks could be aspiring musicians. He answers these questions with, "I attend concerts. I play music. Bad music" and "I would say both of the Hergenrather twins are very talented when it comes to music". He revealed a sneak peek into what the spring concert would look like. For those who didn't attend, it included but was not limited to "music, instruments, and a conductor". Going through interviews with fondly titled, 'band kids' is more amusing than one may think. One such example is with Songsten Hergenrather. When I asked about any sneak peeks he said, "Ah yes, I consider myself somewhat of a fortune teller, let me consult my cards.... Very interesting.... I see... a stage... with people on it.... I hear... a sound.... It almost sounds like... an audience applauding?!?! What a spine-tingling cliffhanger! The only course of action is to mark your calendar for all future AHS Music events to find out for yourself the mystery that is unfolding before you!" It appears that these students are ensuring that the maximum attend their shows, and why wouldn't you? Choegyal Hergenrather played in Analy Winter Concert 2024-2025 and said he "enjoyed it because I had an epic sax solo" which is understandable. After all, who wouldn't want an epic sax solo? Someone who doesn't know how to play the sax! The amount of dedication and hard work that students who participate in musical theatre, band, choir, etc should be congratulated on their hard work. (Huzzah to you too.) But wait a minute ... we have a star! Alina Peterson who earned the role of Donna in Mamma Mia was one of the few open enough to share a funny story from last year: "I remember from last year was when everyone got sick for the second weekend of shows and one of my friends had a voice crack during the middle of a song and everyone laughed". Once again, a clear show of the Analy music department's dedication to their work! Well done! But we aren't done, we have an actively aspiring musician! Alexandra Guillot hopes to pursue music professionally and her interview shows how active in music. Go Alexandra!!! Noah Brown earned the role of Sky in Mamma Mia in just his first school

musical at Analy but claims he'll need knee pads for rehearsals during dances. The amount of practice that these students put into giving Analy the best possible musical experience deserves an applause on its own. Lillian Phillips is a seasoned veteran, having attended concerts and even got the role of Donna in Mamma Mia! When asked if she noticed any classmates that stuck out to her, she replied, "A talented musician that sticks out is Siena. I don't know their last name but she can play many different instruments and their passion for music is really beautiful". The music community at Analy is a kind and comical place where people can make friends and create everlasting memories. To anyone participating in Analy's music department, pat yourself on the back, you can already recite one more line, play one more instrument, or even sing a higher pitch than many could even dream of. Go Analy!

## Exchange Student Spotlight

By: Diana Lazaro

Running along South America's coast, Chile is a country rich in natural beauty as well as culture. From the driest desert of the world, the Atacama, to the icy glaciers of Patagonia, Magdalena (Magda) Escalona brings a piece of Chile here to Analy High School as an 11th grade exchange student. Now that she's been here for over a semester she's learned a lot about America during her journey and she has gained new insights about Chile. Magda speaks Spanish since it's the official language of Chile, as well as English. During this remarkable journey Magda wants to improve her English. She says that a typical school day in Chile is much different than our school days. Magda's school in Chile starts at 7:30 am, then lunch is at 2:00 pm, and the school day ends at around 4:30-5:00 pm. Back home, she lived with her parents and two older sisters. Some foods she misses from Chile are Empanadas de Pino and Completos. Before she returns to Chile she would love to visit the states of Utah and Arkansas. Magda's favorite school event so far has been the football games. For activities, she has been volunteering at Ceres, a non-profit organization that prepares meals for people with serious diseases like cancer or diabetes. She's also an amazing photographer, I've enjoyed seeing her work in our photography class. Aside from her many hobbies and interests, Magda is hoping to study history in the future. If you'd like to participate in this exciting opportunity to study abroad in another country then look for more information from The Rotary Youth Exchange Program.

## An Upcoming Film To Look For

By: Ollie Brooklyn

MINECRAFT MOVIE: April 4, 2025

Rated: PG

Plot: Four everyday strangers brought into the Overworld, a blocky realm inhabited by creatures like Creepers and Piglins. Their way back to the real world, is to get the help of master crafter Steve, and use their creativity to overcome challenges and obstacles they will face.

# Community Corner

## Local Events Around Sebastopol

By: Kasie Coupe

Sebastopol is always up to something, but sometimes we don't see certain events we wished we could've attended. Here are some of the past events that happened, and keep a lookout for flyers and posts on the Sebastopol Events website to know what events are coming up!

February 22 @ 5:30 pm - 8:30 pm  
Sebastopol Crab Feed

### Local Events Continued...

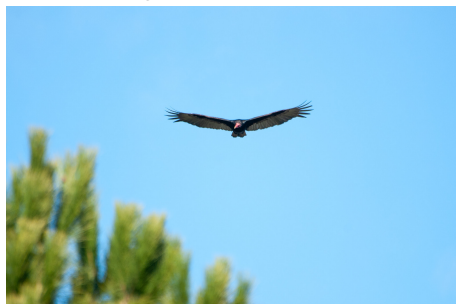
Sebastopol Masonic Center 373 N. Main St., Sebastopol, CA, United States  
M KM Sebastopol Masonic Lodge is hosting our annual all-you-can-eat Crab Feed w/pasta February 22nd with two seating's and takeout orders. Enjoy crab, home-made pasta, salad and garlic bread

February 16 @ 2:00 pm - 4:00 pm  
SCCC Presents: The Family Rave  
Sebastopol Community Cultural Center - Main Building 390 Morris Ave, Sebastopol, Ca  
Get ready to dance and let loose at our Family Rave, a fun-filled, family-friendly event designed for the post-rave generation of parents and their kids!

March 3 @ 3:30 pm - 5:00 pm  
Intro to Yoga Workshop  
Radiate Yoga Studio 961 Gravenstein Hwy S, Sebastopol, MD, United States  
Curious about yoga? Here's your chance to learn the basics in a safe and supportive environment at local Radiate Studio.

### Birdwatching

Continued from page 1



Turkey Vultures, although perhaps not quite as majestic as other birds such as hawks, are still amazing birds to watch. They are also a vital part of the ecosystem, helping to break down matter.



This Golden-crowned Sparrow has perched on a small branch, waiting for me to fill the bird feeder. Golden-Crowned Sparrows are one of the most common and easiest to spot birds, given their bright gold colored crown on their head.



This Chestnut-backed Chickadee poses for a photo. I find these birds to be some of the most stunning that you can find snacking on some bird seed.



The same Chestnut-backed Chickadee as it launches off of a bird feeder.

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This Scrub Jay is enjoying a peanut snack from high up in a tree. If you set out peanuts in your yard, you may see these birds swoop down, grab a peanut, and quickly soar away to a higher vantage point.



This White-crowned Sparrow has perched upon a fence post. I have found that White-crowned Sparrows are slightly less common than their golden-crowned cousins, which makes them more of a treat to see.



This Oak Titmouse is also curious and has taken a perch to assess any dangers. These birds may be one of my favorites, as they are quite skittish and often fly away before you can see them, which makes them more of a treat to find. Observe them for long enough, and you may notice that they like to swoop up to a feeder, grab a seed, look both ways, and dart away in a flash.

## School News

### A Look into Analy's Compost Crew - And Why You Should Join!

By: Lawson Gaylord

Most people may have heard about Analy's Eco Club, but few have heard of the lesser-known but just as hard working parallel club of the compost world. Meet Compost Crew, an Analy Club devoted to creating a clean campus with forward thinking ideas. I interviewed Elia DelMonte and Zoey Lesik, the club presidents for more information.

The Compost Crew was created to help deal with ecological issues on campus. DelMonte and Lesik said it best, explaining that "We are trying to get compost to start at the school and be able to plant flowers around the campus. We are hoping to make a cleaner school and environment." They pointed out that currently Compost Crew is a small club, but it has big potential to change things here on campus.

The current goal of Compost Crew is to get a functional compost system at the school. Bins would be put around the school and then sorted to create "new soil for planting flowers around the campus," DelMonte and Lesik explained. It's an ambitious project, but could drastically help our school become cleaner and more eco-friendly.

Members of the club don't have to do a lot to join either - just make it to most meetings, share ideas, and support the club when they have events! DelMonte and Lesik noted that "The main responsibilities of an average member would be to show up to meetings and help share ideas. During club days, show up and support our table."

The club meets on the library patio Wednesdays at lunch. However, there isn't a meeting every week, so be sure to join the google classroom to receive all the updates and information. If you are interested in joining the club, email Zoey Lesik at [zlesii07@wscuhsd.org](mailto:zlesii07@wscuhsd.org) to be added to the google classroom.

### A Message From The Best Buddies Club:

The Sonoma County Best Buddies Prom is an inclusive dance event for students with intellectual and developmental disabilities, offering a special night of music, dancing, and fun at the Poppy Bank Epicenter in Santa Rosa. This year, the event will have an under-the-sea theme and will be held on April 27. Organized by local high school Best Buddies clubs, the event provides a memorable experience for students ages 14 to 22 who might not otherwise attend a traditional prom. Analy's Best Buddies Chapter is currently seeking to raise \$15,000 to support the event's costs and ensure all students can participate in this joyful celebration of inclusivity and community.



## Sports

**Abigail Silvestrich**  
Continued from page 1



Abigail at the plate for Analy Baseball  
Photo Credit: Kendal Lanz

After proving herself at EDI, Abigail earned a spot in the Breakthrough Series, an exclusive program that offered even more specialized training. With only 32 participants, the event focused on in-depth skill development, bringing together some of the top young female baseball players in the nation and giving Abigail the opportunity to hone her skills while training under former MLB players, coaches, and members of the Women's National Team. When Abigail found out that she'd been selected for the program, her reaction was bittersweet. "My reaction was crying at first because my dad was really enthusiastic about my

chances of making it, and he died a couple of days before I found out I was picked," she reflected. "It was really hard to attend EDI without him there, but I knew I had to go to make him proud."

Abigail's versatility extends beyond baseball. As a flag football captain, she led her team to an impressive 12-3 record during her senior season. "This flag football team was especially important to me because I convinced all of my friends to play, and we just had fun every practice and game," she said. One of her favorite memories from the flag football season was their opening game against Cardinal Newman. "It was really amazing because we did really well as a team, and no one really did anything wrong," Abigail shared. This victory set the tone for the long season ahead.

Through all of her accomplishments, Abigail remains grounded and passionate about inspiring others. Representing Analy High School, she strives to embody values like humility, sportsmanship, and dedication. "I put all of my effort into each sport I play because I'm extremely competitive and I love winning," she said. She was awarded MVP for both years of playing varsity flag football, a recognition that reflects not just her physical ability but also her leadership and influence on her team. Her commitment and ability to elevate those around her were also acknowledged in her sophomore year when she received the "Tiger Award" in JV baseball. This award was given to players who demonstrated consistent effort, determination, and a strong will to always give their best on the field.



Abigail's Flag Football Senior Night Portrait  
Photo Credit: Hawkes Photography

Abigail's impact on her teams extends beyond her impressive athleticism. Her teammate, Paige Goodson, described her as "passionate, funny, and athletic as hell," highlighting her ability to both energize the team and lead by example. "You are a leader in keeping your team's energy and motivation high, while also contributing your athletic abilities to work for a win," Paige shared. In addition to her leadership qualities on the field, Abigail is known for her sense of humor and lightheartedness, which makes a big difference when the team faces tough situations. "People have also said that I am funny and make light of a lot of things when everyone is in a bad mood to make them feel better," she reflected.

Balancing school, sports, and work can understandably be a challenge sometimes, but Abigail manages to fit it all in by scheduling fun activities around her sports commitments. She works two jobs at Coaches Corner and Rialto Cinemas in Sebastopol to save extra spending money, though this often leaves little time for other things. Outside of her busy schedule, Abigail enjoys snowboarding when she can, especially hitting jumps and rails, and she loves hanging out with her friends and family, often asking them to

try new places to eat with her after school. She's also a fan of classic 80s and 90s movies, with "A League of Their Own" and "16 Candles" being among her favorites.

Abigail's biggest role model throughout her athletic career has been her older brother, Ethan. Growing up watching him play baseball, she always admired his skills and looked up to him. "I've always wanted to be like him when I play," she shared, especially since they both played second base. Ethan has also been a valuable resource for advice, particularly on how to improve her game at that position. Abigail also credits her flag football coach, Abby Morales, for having a special impact on her athletic journey. Coach Morales was not only knowledgeable and fair but also created a supportive and fun environment. "She was such an amazing coach for the two years that I was on her team," Abigail said. They developed a strong friendship, and Abigail still stays in touch with her, talking to her almost every day.

As she looks ahead, Abigail plans to continue breaking barriers in sports. With aspirations to try out for the Women's National Baseball Team, continue to play flag football, as well as pursue a career in the medical field, following her father's steps as a firefighter/paramedic, she is determined to make an impact both on and off the field. Abigail's story is a powerful reminder of what can be achieved with dedication and resilience. Through her leadership and determination, she continues to inspire those around her, both in sports and in life.

**Analy Wrestling - End of Season Recap**  
**By: Kasie Coupe**

As the season winds down to an end, we want to recognize our Analy Tigers for their outstanding performances this season. On November 23rd our team competed at the Maria Carrillo Tournament, there was an excellent performance in all wrestlers with 6 tournament champions and 12 wrestlers placing top 3 in their weight class. Here is some Tiger Recognition: Girls - Kasie Coupe (120) 2nd place, Miranda Hernandez (120) 3rd place. Boys JV - Landon Klein (120) 1st place, Jack Postel (165) 1st place, Gabe Klein (190) 1st place, Christopher Reid (175), 3rd place, Mateo Ripoll (215) 3rd place. Varsity Boys: Lincoln Pelm (157) 1st place, Marcos Ornelas (215) 1st place, Andrew McCallum (285) 1st place, Peter Christos (106) 2nd place, Ricky Reeder (126) 2nd place, Conner Bonse (144) 2nd, Levi Grey-Tucker (157) 2nd, Lorenzo Calavetta (190) 2nd, Rowen Lagourgue (113) 3rd, Christopher Sattler (132) 3rd, and Carlo Fiorello (165) 3rd. Congratulations to everyone who placed.

On December 11th our Tigers had their first tri-dual meet against Healdsburg High School and Lower Lake High School, this was a great opportunity for what a real dual meet looks like and what we will continue to see in the future. Here are the results: Analy VS Lower Lake - Analy Won, Lower Lake VS Healdsburg - Lower Lake Won, Analy VS Healdsburg - Healdsburg Won.

On January 4th the boys went to the Kermit Bankson Tournament, and we had one placer, a tournament champion, Jack Postel with 1st place in his bracket! Congratulations Jack.

On January 8th we held a Dual Meet at our home against Piner, this dual meet was not a great look for our Tigers, lots of learning experiences were made that night and showed our team what we needed to work on and what mindset we had to switch into.

### ***Wrestling Continued...***

for a dual meet and the final score was: Analy - 36 and Elsie - 30. Very good wrestling that night, our team had switched into a mindset that consisted of hard work, perseverance, and determination will get them where they want.

On January 17th we went to the Windsor Wrestling Tournament, here are the results: Girls - Ariana Vazquez - 2nd, Kasie Coupe, 3rd, Miranda Hernandez - 4th. Boys: Kai Soto - 1st, Gabe Klein - 2nd, Conner Bonse - 3rd, Lincoln Pelm - 3rd. On January 22nd we held our second to last dual meet of the season at our home, against Santa Rosa. Here are the results: Analy - 54 and Rosa - 29, wonderful performances!

On January 31st and February 1st, we had a 2-day tournament with Varsity Boys wrestling Friday, then JV Boys and Girls wrestling Saturday, alongside any Varsity Boys making it to semi-finals which were: Gabe Klein and Peter Christos. We had 1 tournament champion, 3 wrestlers placing top 3 in their weight brackets, and 6 wrestlers placing top 8 in their brackets. Here is the final placing: Girls: Ariana Vasquez (155) - 1st, Kasie Coupe (120) - 2nd, Miranda Hernandez (110) - 2nd. Varsity Boys: Peter Christos (106) - 8th, Gabe Klein (190) - 8th. JV Boys: Connor Bonse (144) - 5th, Kai Soto (144) - 6th, Atticus Licklider (126) - 6th, Lincoln Pelm (157) - 6th. Congratulations Ariana for being our tournament champion!

On February 5th we had a very special night, our last dual meet of the season, as well as senior night. Unfortunately, we did not win this dual but all of our wrestlers put in their best effort. A sentimental moment with our senior wrestlers, this year our seniors are: Miranda Hernandez, Tyson Maurer, Victor Villarreal, Marcos Ornelas, and River Soto. This has been a great season, with lots of new wrestlers, and lots of progression from the start of the season, until the end. The last and final 2 tournaments of the weekend are high stakes, any boys who place in their designated league at NBL's (JV Boys League, Varsity Boys League, and Girls League) will then move to NCS, and if they place top 2 in their weight they will be wrestling at State! Good luck to our wrestlers, we hope to see an increase in new and returning wrestlers next year, let's go Tigers!

### **Unrivaled Basketball: A League Of Their Own**

**By: Hana Freedenburg**

A new era of women's basketball is here, and it's called Unrivaled. Fresh off a historic year for women's sports, the WNBA is expanding, college basketball is breaking viewership records, and now, Unrivaled is proving there's even more room for the game to grow. If you haven't been tuning in, now is the time to start. The brand-new 3-on-3 women's basketball league co-founded by WNBA stars Napheesa Collier and Breanna Stewart is redefining the offseason by keeping the league's top talent competing in the U.S. while offering higher pay, player equity, and a first-of-its-kind, athlete-driven structure.

The league is based in Miami, Florida, and features six teams competing in a fast-paced format designed to showcase elite talent in a high-energy setting. Unrivaled prioritizes player ownership, with every athlete in the league's debut season holding a stake in its success. The teams: the Laces, Lunar Owls, Mist, Phantom, Rose, and Vinyl are stacked with WNBA stars and top-tier talent, making every game highly competitive. The games are played in the 850-seat Wayfair Arena, designed to emphasize player personalities and provide an exclusive feel. The custom-built facility includes childcare services with vetted nannies, a



nursery and nursing rooms, state-of-the-art weight and recovery rooms, and dedicated locker rooms for each of the teams. Players also get to embrace their full identities as athletes and women, with on-site hair and makeup studios for interviews and games, plus the Sephora runway tunnel where they can show off their style before tipoff.

What sets Unrivaled apart even more is that it's one of the highest-paid women's sports leagues in the world. Player salaries start at \$100,000 for the ten-week season and the majority of contracts reach over \$200,000. Each of the 36 players also split 15% of the revenue and compete in a 1 on 1 tournament for a \$250,000 grand prize. The WNBA has been criticized for years as it can't pay its players enough compared to NBA salaries. The average salary for a WNBA player is \$150,000 per season, while the average NBA salary is \$10 million. The league ensures that athletes are fairly compensated without having to go overseas to supplement their income.

Unrivaled has signed UConn's Paige Bueckers and

LSU's Flau'jae Johnson to NIL marketing deals as part of its 'The Future is Unrivaled' campaign, a brand platform designed to empower the next generation of women's basketball stars on and off the court. While they won't play in Unrivaled until they're out of college, these groundbreaking NIL deals show the investment toward female athletes and the league's future. On top of major sponsorship deals, Unrivaled has racked up \$28 million from investors including Michael Phelps, Giannis Antetokounmpo, Dawn Staley, JuJu Watkins, Coco Gauff, Alex Morgan, and more. The financial investment in Unrivaled marks a major step forward for female athletes.

The fast-paced, compressed full-court format makes every game exciting, and the star power is undeniable. Players like Jewell Lloyd, Brittany Griner, and Arike Ogunbowale are lighting up the court in ways that showcase just how skilled and competitive women's basketball is. Two of the many WNBA players competing in Unrivaled are Kate Martin and Tiffany Hayes who play for the Laces. They will take what they've gained from Unrivaled back to the WNBA, where they're both set to play for the Golden State Valkyries in the team's inaugural season. The league will hold its draft in April before the Valkyries tip off their debut season on May 16 against the LA Sparks, and we finally have a team to root for right here at home. In Norse mythology, Valkyries are

essentially a group of fierce female warriors, a perfect counterpart to the Bay's legendary NBA team, the Golden State Warriors. They symbolize strength and resilience, qualities that define both the team and the area they represent. While they'll play in San Francisco's Chase Center, where the Warriors play, their front office is based in Oakland, reinforcing their roots across the Bay Area. Women's basketball is growing fast with new teams coming to Toronto and Portland in 2026. Cities like Detroit, Nashville, Kansas City, and many more have also submitted bids for future expansion. If you're a sports fan, this is just the beginning of something great. But for now, all eyes should be on Unrivaled.

The inaugural season of Unrivaled will be delivering top-tier competition through March 17. The games can be streamed on TNT, TruTV, and Max every Friday, Saturday, and Monday. This isn't just another league, it's a statement towards the sports industry. Unrivaled is setting a new standard for women's sports, it's about time for the rest of the sports world to catch up.

## **Current Events**

**Current Events Club – International Spotlight**

**Sudan: Genocide Returns to Darfur**

**By: Keira McKnight**

Twenty-two years ago this month, the Darfur region of Sudan was ravaged by genocide within a wider, drawn-out, civil war between dictator Omar al-Bashir's Khartoum government and non-Arab, non-Muslim, and ethnically African groups in the country's south. Carried out by Bashir-sponsored militias known as the Janjaweed, these ethnic Arab militia groups killed more than 400,000 people, mostly ethnic African pastoralists from the Fur, Maasalit, and Zaghawa groups. That Darfur genocide was recognized by the United Nations, the US government, the International Criminal Court, and the African Union in the early 2000s, and the civil war ended in 2005 through the Comprehensive Peace Agreement and the independence of the new nation of South Sudan in 2011.

However, in 2025, genocide, as recognized by the US State Department under the Biden administration, has returned to Darfur and greater Sudan. This time, it is being carried out by the paramilitary rebel group RSF(Rapid Support Forces), which grew out of the earlier Janjaweed. This militia is engaged in a brutal war with the SAF(Sudanese Armed Forces), during which both

**Sudan War Continued...**  
parties have committed war crimes, crimes against humanity, and other violations of international humanitarian law as reported by a UN Fact-Finding Mission in September of 2024. The evidence for these violations is found in indiscriminate and direct attacks on densely populated civilian areas and critical infrastructure, mass ethnic killings, intentional obstruction of humanitarian aid, and the use of sexual violence as a weapon of war.

The de facto government of the country, the Sudanese military is currently led by General Abdel Fattah al-Burhan, who rose to power in a 2021 coup d'état by overthrowing the country's transitional government following the 2019 end to the 30-year rule of aforementioned dictator al-Bashir. The rebel RSF is led by Mohamed Hamdan Dagalo, also known as Hemeti, and supported by the UAE in their campaign against the SAF.

As a result of this war, which began in April 2023, Sudan is currently experiencing the largest humanitarian crisis in the world, with 11.3 million people currently displaced from their homes and 25 million people facing acute hunger. Large-scale, 1980s-style famine has already been confirmed in a Darfur displacement camp and is looming in other areas where millions of refugees are sheltered. To avoid this, a ceasefire must be reached between the RSF and the SAF so that aid already allocated can be distributed and new aid can be brought in to alleviate immediate needs.

As of February 11th, the SAF has made major advances in recapturing the capital city Khartoum from the RSF and is poised to control this area. The current downfall of the RSF is likely attributable to stretched supply lines and declining morale, as well as the strengthening of the SAF through its embrace of Islamist militias as allies. While this might seem like an opportunity for the war to end, the RSF continues to hold large portions of territory in Darfur and the surrounding areas as the SAF diversifies its fighting force while complicating its long-term interests.

This places both parties in terrible situations for stability and governance in the future, given that the leaders of both groups are largely seen as illegitimate while outside interests of the UAE and Islamist militias harness increasing power over the imploding conflict. The true loser in this situation is, of course, the Sudanese people, who have been failed on every side of the conflict and are in desperate need of recognition and aid in the deadly crossfire of this war.

**Donald Trump's Executive Orders  
And What They Could Mean For Analy Students**  
**By: Newén Eliscu-Saraza**

Donald Trump has made it clear that America in a year will be unrecognizable from America today. The media mogul-turned-political personality has already started to hack and chip away slowly but steadily at the most fundamental American institutions, which just a year ago weren't part of the question at all. The orders cover every aspect of daily life, ranging from climate change, immigration, the economy, racial and gender equality, foreign policy, democracy, LGBT+ rights, immunity, church and state, and reproductive rights. And in some form or another, these issues will affect each and every one of us as Analy Tigers, in some shape, size, or form.

**Climate Change:**  
This issue will define our generation and those to come. During the Industrial Revolution, carbon dioxide (CO2) and other greenhouse gases and toxic chemicals were released into the atmosphere and the environment, which continues to happen today. This creates a greenhouse effect: like a greenhouse, the gases trap incoming heat, bouncing between the ground and the atmosphere, with destructive and deadly consequences. This process of global warming is directly linked to natural disasters as the primary cause. That's right—Hurricanes Milton and Helene, the LA wildfires, and other recent non-man-made tragedies were facilitated as a result of CO2 and these other gases. Many of us in West County have had to deal with these. If you remember the Tubbs and Nuns fires of 2017, the Kincaid fire of 2019, and the Walbridge, Glass, and LNU fires of 2020, as well as heavy rainfall and flooding in recent years, such as in 2022, 2023, 2024, and in February this year,

then you know exactly what I'm talking about. However, rich, corrupt politicians and billionaires, many of whom have unofficially pledged allegiance to Trump, have turned a blind eye or have just straight up denied what is happening. Why? Because these people want money, and they don't want to be regulated. This means that in the future, we will see bigger and more destructive wildfires, floods, and more extreme temperatures/season lengths. And when it happens, little to nothing will be done to help the victims of this tragedy, while the insurance companies pocket the money they didn't spend helping these people.

**Immigration:** America is a country of immigrants, right? Well, Donald Trump doesn't think so. However, immigrants, legal and undocumented, pay their taxes and contribute massive amounts of money to the U.S. economy, being a pillar of what makes us a global superpower. These immigrants are the backbone of the economy at all levels—they are our maids, cooks, chefs, Uber drivers, fast food workers, cashiers, janitors, nurses, waiters, and more. They help make America run.

And yet, Obama deported more immigrants than any other president, becoming known as the "Deporter-in-Chief." During Trump's first term, he ran on a promise to "Build the Wall," referring to a wall on the southern border. As his term went on and the wall's construction stalled, he began shifting to the deportation of existing migrants. ICE (Immigration and Customs Enforcement), at the behest of the White House, began raiding communities from coast to coast and deported thousands of people, separating families and violating their Constitutional and human rights.

And with the return of Donald Trump, many feel like things are guaranteed to change for the worse. Many people at Analy know someone who is an immigrant: a friend, a relative, etc. These people will have to live in constant fear for the next four years now that an openly xenophobic president, a person who said immigrants "poison the blood of our country" and pushed the false pet-eating narrative of Haitian immigrants, a person with a horrifyingly ultranationalist stance on the border, is running the country once again. These people are just as American as the rest of us, and yet they suffer the brunt of this violent rhetoric. First- and second-generation immigrants at Analy have to worry about ICE raids wherever they go, and many now no longer feel safe and have to deal with racist comments because of this.

**The Economy:** After the pandemic, there was a big inflation spike. If any of you remember the 2022 recession, you know what I'm talking about. During the Biden administration, the media and Donald Trump made the economy seem worse than it was. In reality, inflation fell to around 3 percent, and unemployment also fell as job creation rose.

However, it wasn't all sunshine and rainbows. Many voters said they voted for Trump purely for economic change, and they were somewhat right. They believed one of the biggest misconceptions about the economy: that less inflation means lower prices. In reality, it means prices just go up less quickly. But if eggs are still \$5, people are not going to be convinced by a couple of statistics from a government agency.

This is the problem: Donald Trump is not an economist, just like he wasn't a politician until 2015. He is a TV star. One of his most



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### ***Exectutive Orders Continued...***

infamous executive orders recently was to raise 25% tariffs on Mexico and Canada and 10% tariffs on China. These countries are our biggest trading partners, and Canada and Mexico are some of our closest allies neighboring countries. All three countries were vocal in their opposition, with Canada and Mexico immediately raising retaliatory tariffs. Even though the tariffs have been delayed, it shows how Trump is willing to use money as a weapon, even at the expense of the average person, including Trump voters.

He has also been on a cost-cutting crusade, with the help of billionaires, mainly Elon Musk. With DOGE (Department of Government Efficiency), he has supposedly been cutting costs, however, the agencies targeted appear to be politically motivated. For instance, he notoriously terminated USAID, which provided aid for developing countries to fight war, disease, famine, poverty, and similar crises. He has also attacked agencies like the FAA (Federal Aviation Administration). Ironically, Elon Musk recently said that he will not be able to cut costs a lot since the rest of the money will go to the military and essential programs like Social Security. And he is the richest man alive currently.

If Donald Trump has his way, tariffs will be enacted on whoever disagrees with him, so a lot of countries could be tariffed. However, they could also impose retaliatory tariffs. So, if you buy stuff like coffee, which is not mass-produced in the US, be prepared to see even higher costs because it's going to be a struggle to sustain ourselves if we have to produce our goods with little to no imports.

DEI was one of the things that Donald Trump loathed the most. It has been called communist, Marxist, racist, socialist, radical, un-American—every name in the book. In reality, it does not work like that at all.

DEI: DEI stands for Diversity, Equity, and Inclusion and its main purpose is to even out the racial hierarchy and disparities stemming from slavery, Jim Crow, police brutality, the income gap, and systemic racism and its legacy in general. This can be done with financial compensation, public apologies, quotas, laws and bills, court rulings, and many more methods. However, it has come under fire in recent years by conservatives, especially Donald Trump. As a result, many DEI programs are being overturned, and as a result, areas that were historically dominated by white people, like higher-ranking corporate positions are once again becoming strongholds for white people.

We cannot talk about DEI without talking about women's rights and the ERA. In the 1800s and early 1900s, women fought tooth and nail for suffrage, that is, the right to vote, and they were instrumental in many laws of the Progressive Era being passed. Women of color were also at the forefront of civil rights movements for Mexican farmworkers in California, Black people in the South, and more. Beginning in the 1960s, the women's liberation movement kicked off, which rejected the life of a housewife and mother in favor of a career woman who could do it all, a defining characteristic of the Boomer generation. However, the pay gap between men and women did not vanish. And the ERA (Equal Rights Amendment) came three states short of passing in 1979 and 1982. The ERA would bar gender-based discrimination, and three states passed it after the deadline, so if not for the deadline, the amendment would become law.

Foreign Policy: Trump has pursued a disastrous



foreign policy; there's no other way to put it. He has praised autocratic, dictatorial strongmen like Viktor Orban, Vladimir Putin, and Kim Jong-Un while demeaning long-standing allies. Donald Trump has used tariffs to threaten countries like Colombia, which didn't accept the plane carrying deportees until Trump threatened 50 percent tariffs.

One of the most controversial foreign policies he has had is to aggressively support Israel's president, Benjamin Netanyahu, and his ethnic cleansing of Palestinians by proposing that the Gaza Strip be turned into a US territory. By doing this, he risks alienating his more moderate and conservative Arab allies. He has also said that he will find a solution to the Ukraine war, but his ideas involve Ukraine surrendering all conquered territories, which is not popular in either America or Europe and especially not Ukraine.

And then there's his expansionism. He has insisted on taking Greenland from Denmark, with force if necessary, and renaming it to—I kid you not, Red White and Blueland. This has been the highlight of his foreign policy so far. He has also demanded that Panama give him the Panama Canal, and he has wanted to annex Canada for some time now.

For the average person, though, the main foreign policy of Trump that will impact people is tariffs. Many goods, from coffee to SHEIN, are imported or cannot be easily or safely produced in the United States. As a result, Trump's economic belligerence will result in steep price hikes.

In conclusion, Donald Trump has issued many executive orders resembling diktats. These have had mixed reactions and results, but while many people are very vocal in their opposition, they either don't have the power to do anything, or they don't take action. We have yet to see the long-term consequences of these policies. Only time will tell. Part 2 is coming soon...



### **Spring FFA Recap**

**By: Kasie Coupe**

Wreaths Across America: On December 14th we had 6 members from our chapter come out to the Santa Rosa Memorial Park to support the 4th annual Wreaths Across America Community Service Event. It was a wonderful event to participate in and give back to those who fought in

various wars so we can continue to have a free country. Thank you to various Santa Rosa Clubs for putting on this event, and thank you to all the other helpers who made this event possible, our chapter can't wait to bring more people to help next year!

Speaking Contests Results: Our members have been working hard to study, practice presentations, answer questions, and think on the spot, and it all paid off! We have 6 students advancing to the regional level this spring. Our advisors are so proud of everyone for going above and beyond to try something new, work hard, and make great strides – regardless of the outcome. A big thank you to St. Helena High School for hosting our section, and thank you to all of the advisors and judges for organizing such great contests and providing valuable feedback, Congratulations to all!

Member of the Month: As you might know, every month there is an opportunity to vote on someone that you think should be recognized in our chapter. We wanted to stick to a Valentine's theme for February, so the category was Most Dynamic Duo, and the winners were Tiana Stowie and Stevie Marchant.

FFA Sock Drive: From January 1st to the 31st we held a community service event, our Sock Drive. This is a very special event where students have the opportunity to bring in socks for community service and FFA points. The socks will eventually be donated to various organizations helping people in need, especially with our freezing cold weather, a warm pair of socks would be cherished by all.

State Conference: The 4-day California State FFA Conference will be held April 3rd to the 6th in Sacramento, CA. State Conference is an event that will stay with you forever. There are endless opportunities to meet new people, learn new skills, develop understandings, and learn where you stand in FFA, and where FFA stands in you. Members attending will be staying at the Ambassadors Hotel, and will receive a schedule that may include attending the Golden 1 Center for a conference, going to an EXPO Fair, going to dinner, or having a block party! Every year they switch up the activities, so it's a surprise for everyone. Applications are closed, but if you were not able to attend this year, there is always next year. Unfortunately, this year is the last year State Conference will be held in Sacramento, as next

**FFA Continued...**  
year they are moving it to Indianapolis, increasing the cost. Check our Instagram for the list of people going to the State Conference this year!

MFE/ALA Conference: On January 19th and 20th, Double Tree Hotel in Rohnert Park held this year's MFE (Made For Excellence) / ALA (Advanced Leadership Academy) Conference, run by our 2024-2025 State Officers. This 2-day conference allows students to discover different leadership skills, and grow as a person. Not only were there cherishable learning experiences, members were also able to meet new friends from various chapters all over the State! Of course, a memory that won't be forgotten, the incredible dinner served, followed by a dance party at the end of the night. We had 11 Sophomores attending MFE and 6 Juniors attending ALA.

"I was one of the few members who attended the MFE. The best part of MFE is that everyone is a sophomore so everyone is around your age. The FFA program has always felt like a family, and I've never felt more like a family than here. Everyone was so kind and cool. I made a lot of new friends from schools all around the North Coast Region. My favorite part of the event was by far the dance. I love to dance and it was fun to have a good time with friends. I also participated in a Karaoke Battle with 2 other people from Sonoma. We performed Party in the USA by Miley Cyrus and we won! My goal is to encourage as many freshmen now to get interested in MFE and so they sign up. This was one of my favorite FFA events by far and I can't wait to participate in ALA as a junior!" Angelo Esutia reflected.

Lauren Brady also shared, "ALA is an FFA conference that provides skills you can bring back to your chapter such as leadership, communication, planning, and collaboration skills. Our chapter created an incoming 9th grader shadow day. We used our planning and collaboration skills we practiced to work together and create the event. ALA is a conference that gives opportunities unlike any other!"

Overall, every member who attended MFE or ALA came back at the end of the day with a smile on their face and a positive review. Current Freshmen and Sophomores are eligible to attend next year. We would like to make a big thanks to all the people involved who made this happen, we

Grapevine Pruning Team Recap: Our Grapevine Pruning CDE Team is the 2025 California FFA State Champions! Our team went undefeated all season long, we are so proud of the entire team for their hard work, dedication, and resilience. Thank you to Fresno State for hosting this state finals contest and congratulations to St. Helena FFA for being the State Reserve Champion! Here are the team results: 1st High Team Overall, 1st Cordon Table, 1st Cordon Wine, 3rd Exam, 3rd Cane Raisin. We cannot wait for another amazing season next year, congratulations to all!

Winter Awards Banquet: On January 15th, we held our annual Winter Awards Banquet! Our Officers and advisors were able to recognize students for their outstanding performances in different things they have participated in, such as any speaking contests (Opening/Closing, Creed, Spanish Creed, Extemporaneous, Job Interview, Impromptu), GLC Attendee's, FFA Degrees (Greenhand Degree and Chapter Degree), etc. Alongside our banquet, we also held a dessert auction at the end of the night. Thanks to everyone who purchased a desert. The money goes straight back to our chapter towards new jackets, State Conference, CDE/LDE teams, and more! We can't wait to see you at our Spring Banquet.

On January 23rd we had a community service opportunity, blanket making! We provided warm, fluffy fabric that our members then cut and tied into 2 sided blankets, this was a very successful event. All the blankets made will be donated to shelters and organizations to help people in need; as mentioned with the socks, those who need it will be delighted with a warm, cozy blanket!

FFA Week: The week of February 18-21 was National FFA week where our chapter held spirit days, games at lunch, and after-school activities. This week allows inclusiveness within everyone and pulls our chapter together. It was incredible seeing everyone dressed up and being involved with our lunchtime activities!

**Redipes**  
**Springtime Recipes**  
**By: Hana Freedenburg**

Pasta Primavera: Bring a large pot of salted water to a boil. Prepare 10 oz of penne pasta according to the package instructions, cooking until al dente. Drain and toss with a drizzle of olive oil to prevent

sticking. Heat 2 tbsp of olive oil in a large, deep pan over medium heat. Add 4 sliced garlic cloves, 1 yellow squash, 1 zucchini, 1 bunch of asparagus, 1 cup of cherry tomatoes, 1 cup of thinly sliced onion, 1 tsp salt, and several grinds of pepper and sauté for 3 to 4 minutes, or until the vegetables are tender. Add the pasta, ½ cup frozen peas, ¾ cup grated pecorino cheese, a squeeze of lemon juice, and a pinch of red pepper flakes and toss to combine. Stir the chopped basil and tarragon if wanted. Season to taste, garnish with more basil, and serve.

Carrot Cake Cupcakes: Whisk together 1 ¼ cups flour, ½ cup granulated sugar, ½ cup light brown sugar, ½ tsp baking powder, ¼ tsp baking soda, ½ tsp salt, 1 tsp cinnamon and ¼ tsp nutmeg. Stir in ¾ cup oil of your choosing (vegetable, avocado, canola oil). Add 2 large eggs, one at a time, pausing to scrape down sides of the bowl after each addition. Stir in 1 ½ tsp of vanilla extract and 2 tbsp milk. Add 1 ½ cups of grated carrots and ½ cups of chopped walnuts or pecans (optional), and stir until combined. Evenly divide batter into cupcake liners, filling each about ¾ of the way full. Transfer to oven and bake on 350F for 20 minutes or until a toothpick inserted in the center comes out clean or with moist crumbs. Allow to cool in the baking tin for 5 minutes before carefully removing to a cooling rack to cool completely before decorating with cream cheese frosting.

Strawberry Lemonade: Use a blender or food processor to puree the 1 ½ cups of destemmed strawberries. Strain them through a fine mesh sieve to remove seeds if desired. In a small saucepan, over medium heat, stir together 1 ½ cups of sugar and 2 cups water. Bring to a boil, and stir until sugar is dissolved. Remove from heat and allow to cool to room temperature. Strain 1 ½ cups of freshly squeezed lemon juice through a fine-mesh sieve into a 2-quart pitcher. Add in the sugar water mixture and pureed strawberries. Stir to combine. Refrigerate until cold. When ready to serve, add 2 ½ cups of cold water and stir. Taste, and add more water if it's too sweet. Then it's ready to be served. Ice is recommended!

**Horchata Recipe**  
**By: Diana Lazaro**

Now that spring is coming near, it's time for everyone to find an opportunity to grow. There are many ways to do this, for example learning a new recipe. Agua de Horchata is a refreshing beverage that can be enjoyed throughout the year, not just spring and it's easy to make. This sweet milk drink originated from Spain and was brought to the Americas when the Europeans arrived here, which is why Horchata remains popular throughout Latin America. Though there are many variations of Horchata, this recipe is the way I like to make it.

For ingredients, you'll need milk of your choice, uncooked long grain rice, vanilla extract, a cinnamon stick, condensed milk, evaporated milk, and sugar of your choice. For kitchen items you'll need a blender, strainer, measuring cups, a medium sized bowl, a pitcher, and a large spoon.

First, you need to add 1 ½ cups of the uncooked rice to your bowl. Then you will pour 4 cups of water into the same bowl, add the large cinnamon stick, and let it sit for about 5 hours. After it has sat for 5 hours pour all contents of the bowl inside your blender and blend until smooth. Next, you're going to want to strain this liquid into the pitcher to remove any clumps. Then you add the can of evaporated and condensed milk. Once this is done add 6 cups of the milk of your choice. At that point, add 2 tablespoons of vanilla extract and ½ cup of sugar, then mix. Finally, you can add ice and enjoy your delicious Horchata.

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# Student Art

## Student Artwork From Mrs. Crawford's Advanced Art Classes



Mars Aguliar



Pia Fontaine



Uma Anandakuttan



Alia Rosel Almonaci



Zakai Schwarcz



Uma Anandakuttan



Isabela Gonzolas

## Ceramics From Ms. Entwood's Advanced Students



Amelia Walsh



4th Period's Glazed Trays



Noah Brown



Faye Zamora



Jojo Canto

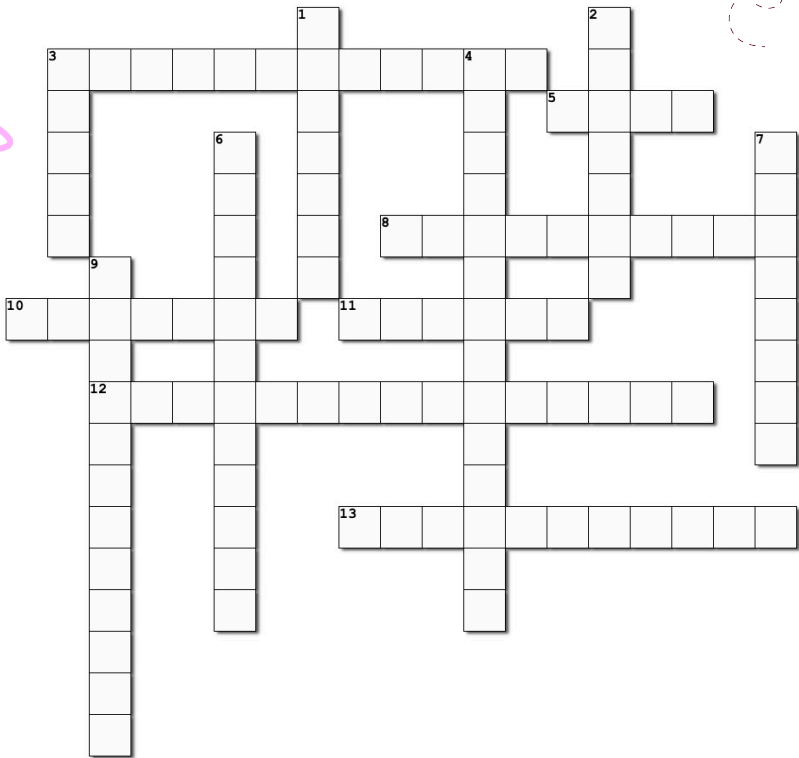
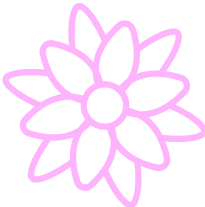


Giselle Gonzalez Hernandez



Ransom Vassallo

Spring Crossword



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 3. Annual college basketball tournament
- 5. Footwear found on the 2nd page
- 8. Lack of motivation as students prepare to graduate is called
- 10. Why did what cross the road
- 11. Holiday celebrated with eggs and a bunny
- 12. One less hour of sleep
- 13. Week off in march

Down

- 1. Rain and sun come together to create this
- 2. April showers bring May \_\_\_\_\_
- 3. What we need to publish the newspaper
- 4. Where the mlb is currently holding their preseason in AZ and FL
- 6. Sebastopol parade and festival in April
- 7. This holiday celebrates freedom with matzo and a seder
- 9. Springtime activity that involves binoculars



Word Search

Created with TheTeachersCorner.net Word Search Maker

Spring Articles Word Search

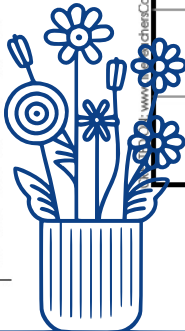
Find the titles of the articles in this edition of the newspaper in the newspaper!

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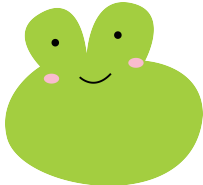
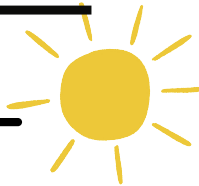
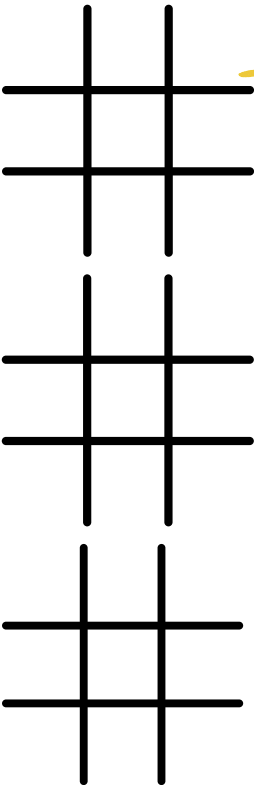


Puzzles

Tic-Tac-Toe

- 1. FIRE  
Example: Cross Fire
- 2. ICE<sup>3</sup>
- 3. MIND  
MATTER
- 4. READ
- 5. TIME TIME

- 6. TOUCH
- 7. ARREST  
YOU'RE



Sudoku

7	5	1	8				3	
4						1		
			4			7	8	5
				7				8
2	6	7		4	8			1
			3		6			
	7		6			2	5	4
	8	2						
		4		3				

All puzzles created on theteacherscorner.net.

